



California Avocado Super Summer Wrap

Prep time: 15 minutes

Makes: 4 Servings

Fresh avocado doubles for dressing and filling complementing blueberries, carrots, arugula and chicken in this appetizing summer wrap.

Ingredients

1 ripe avocado (seeded, peeled, and cut into chunks)

1/2 cup plain nonfat Greek yogurt

1 teaspoon lime juice

1/2 cup blueberries

1/2 cup carrots (grated)

1/4 cup red onion (chopped)

2 cups fresh arugula (chopped)

12 ounces cooked chicken breast (cubed)

Nutrition Information

Nutrients	Amount
Calories	389
Total Fat	13 g
Saturated Fat	3 g
Cholesterol	75 mg
Sodium	370 mg
Total Carbohydrate	32 g
Dietary Fiber	7 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	35 g
Vitamin D	0 mg
Calcium	153 mg
Iron	3 mg
Potassium	587 mg
N/A - data is not available	

MyPlate Food Groups

	Fruits	1/4 cup
	Vegetables	3/4 cup
	Grains	2 ounces
	Protein Foods	3 ounces
	Dairy	1/4 cup

4 8" whole wheat tortillas

Directions

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortilla with 1/4 of filling mixture.
4. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

Source: Produce for Better Health Foundation